



High-flying
From
Fika Craft
specialists at
S/C models
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SPOKE

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Be green at work
Reduce your
ecological
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Trip to Costa Rica an eye-opener

BY DEBORAH BAKER

Sometimes you just need a little bit of inspiration to get us through the day.

When Ontario's journal and broadcast student Adam Nathan landed in San Jose, Costa Rica, with 12 other students, he set out on a mission to discover that inspiration to fuel his goals.

Nathan is the creator of a campaign called *Respecting the Poems in Poverty - Costa Rica*, which aims to help others develop an understanding of Costa Rican daily working and monthly realities. With *Respecting the Poems*, Nathan uses the perfect opportunity to spread the message of poverty in that country through a video he took while there.

"I see it as a platform to tell people stories," he said. "It was interesting to be there and to experience that way of life. It was a very unique experience and we need all

around by lots of people who were involved in a very special process of their own."

While there, Nathan and his group spent time at a daycare that helped run activities for the 12 children and assisted the other leaders.

Therapies are provided by the government, and the women, Johnson, and Wilson Claudio receive a constant amount of child support on their own. Nathan said most of the children were incredibly impoverished and for some weeks at the daycare were the only meal of the day. Nathan learned just how difficult it can be to raise a daycare, especially in a developing country like Costa Rica.

"Even if you have the most, but day after, you still have a sense of responsibility that drive you come on groups and you need to somehow take care of them," he said.

DEBORAH BAKER



ADAM NATHAN, A CANADIAN STUDENT, LEADING POOR PEOPLE'S STORIES AND VISITING DURING TRIP TO COSTA RICA

Adam Nathan, a Canadian student, leading poor people's stories and visiting during trip to Costa Rica with 12 other students leaders.

Funding available for your summer startup

BY AARON CHEN

Do you have a great business idea, but don't really know where to begin? Well, there's now the Summer Company program just to get you started.

Operated by the Ontario government, since 2001 Summer Company offers up to \$3,000 in grants as well as advice from government, local business leaders or students can get their own business projects implemented and off the ground. Their student companies have ranged from web design, tourism and video production to food travel and makeup services.

Francis Tuzi, president of the program in 2013, hopes to open a performance centre in Sudbury. The business known as theSpoke for Theatre Group offered technical

management services, set production and music workshops. The Sudbury resident, called out how exciting it was to get his project started.

"It's an amazing thing really," Tuzi said. "It's a lot of work, but it's all worth it. It's a great feeling of accomplishment. I'm a true believer in doing what you love and well, I love doing what I do so it really feels like work."

The theSpoke founder continued to run his business following the completion of the program, utilizing skills that the Summer Company program helped to acquire.

Tuzi said that the program helped him with management skills in the most "fun" way, helping him gain confidence in his own skills and understanding of his own business and marketing skills. He also developed important skills.

"Once the Summer Company pro-



ADAM NATHAN, A CANADIAN STUDENT, LEADING POOR PEOPLE'S STORIES AND VISITING DURING TRIP TO COSTA RICA

The Summer Company program will help get your dream company up and running.

gram I can still running my business. Not only do I get more work, now I have to hire others to help me because of the high demand."

The Sudbury resident said the program is a great start for entrepreneurship students, but they should keep their

eyes open for additional options. "I would definitely recommend the Summer Company program to Ontario's students, but I would also recommend looking for other possible grants," he said.

Specifically, if you know that I did that you'd keep your business running after the summer.

You could be eligible to receive up to \$3,000 in grants if you are a student up to age 29 who is returning to school and is a Canadian citizen. You also can't work more than 13 hours a week at another job while in the program.

The application deadline is May 15, so there's a lot of time to think if you're eligible to get some financial aid and sound advice to get your business started.

For more information on the Summer Company program, and how to apply, visit www.ontario.ca.

NEW
Spoke Online Web App
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Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's the best thing to happen to music in recent years?



"Piano plays"

Adam Anselmi,
second year
broadcast television

"The emergence of new Canadian indie bands like Arcade Fire and Broken Bells."

Norah George,
first year
public relations



"IC Rush"

David Kelly,
second year
broadcast television

"Robbie Williams, 'It's a Shame'"

James Thomas Lambeth,
first year
general arts and sciences



"Deadman"

Norah Gray,
second year
broadcast television

"That new Drake song."

Mark Macneil,
second year
electrical engineering
technology



Steve Conestoga, you couldn't do this respondent



PHOTO BY SHARON HODGINS

A Conestogaproducts student hopes to find love on the website, elementary.com

Plenty of fish, plenty of fibs

Online dating is increasingly common, but people still lie about where they met their significant other

AN ADULTERER'S HISTORY

When it comes to searching new people online dating has become the social norm. Negatives don't feel so bad, and you can finally be the height you've always dreamed. A recent study by researchers in Rome, found that about 60 per cent of Canadians are embarrassed to admit they've used online dating. And the sad reality is it's not between 18 and 24 years of age who will take that secret to the grave.

The study also found that those of every night Canadian adults have used online dating and a common lie used about how people met their significant other is "We met at a bar."

The majority of the 18- to 24-year-old men who lie about using online dating services divulge their secret to their ex-wives first, followed by friends and then finally family when they are ready to tell the world.

Using a dating site is the easy part, really all the fun starts on TV, newspaper advertisements and pop-ups on the Internet. Finding the right one for you is the hard part. Every dating site claims to be different, so the examples there are the first

dating sites. Anyone can join so the results may vary.

One free popular dating site is plentyoffish.com also known as "plenty of fishes" by past and current users of the site. Another very popular free site is match.com, averaging almost 10 million monthly users. Last but not least, eharmony.com has over seven million users a month.

If the free dating sites aren't working for you then you can sign up for paid online dating services. Users who pay are typically more serious about finding a partner than those who use free dating sites.

The world's most famous paid online dating service is elementary.com. They guarantee that you will find love in six months for only \$49.95 a month. But that's before they give their users all the bells and whistles. For example, you can see the users who have viewed you, send automatic messages to all users on the site or see when your matches have last logged in and talk to your matches on the phone via eHarmony.

College students aren't new to the online dating game either. With long hours of class, followed by homework and actual work, there really isn't that much

time to meet new people. That's why a lot of college students use online dating as a way to connect outside of their habitats and really see who is out there.

Veronica Luby, a second year public relations student, has used online dating before trying it for about two months. She had matches, but not the old couple holding hands in the romantic type of movie. When asked why she thought men were more prone to lie about using online dating that women, Luby said, "I think it's because they think it's embarrassing, especially if they don't have any kids."

Really Good is a newspaper graphic design student. He also used online dating. He said he tried dating for a year but didn't find it. Instead, Goodie also stayed in on why he thinks men typically lie more than women about using online dating.

"People think men are supposed to go out and ask a girl out or pretend to fall in love first to face instead of behind a screen."

Like everything online there are success stories and failures. The hard part is taking the plunge and trying online dating. You never know what you may find — a great love or a flake.

Students promote Green at Work

BY BRUCE CHENILL

On March 22, Concordia engineering and management students held an event at Fairview Park Mall to spread awareness for Cadillac Fairview's "Green at Work" initiative. Working in collaboration with Sustainable Student Mayors and sponsors such as ETECH1000761, the students aimed to develop the five pillars of the "Green at Work" initiative which are energy, waste management, environmental protection, sustainable procurement and communication.

On Fairview Park Mall's website, they describe the five pillars as such:

1. **Energy** A key focus is on energy conservation and efficiency and the incorporation of renewable energy sources

with a long-term goal of net-zero emissions from build-ups.

2. **Waste Management** Our goal is to promote low waste by implementing a consistent and deliberate approach to waste diversion and waste minimization.

3. **Environmental risk** Protection Our goal is to eliminate adverse impacts of our programs, initiatives and selected products and services interact with the environment while ensuring compliance with governmental regulations.

4. **Sustainable Procurement** Whenever possible we will utilize environmentally friendly products, services and best management practices at all properties.

5. **Communication** Our communication Green

Communication Plan has been designed to inform, engage, educate and share green best practices with our employees and tenants so that we can work together to make a difference.

The students using five-point teams around the mall each synthesizing a different pillar of the initiative and each one focusing in different industry or advertisement. For example, the energy team featured an interactive area, where kids in the mall could use energy by using second-hand toilet paper while the parents got information on energy conservation as well as a free set of energy-efficient light bulbs.

"Fairview Park and Cadillac Fairview has a sustainability program, corporate called Green at Work, so we've been looking at ways to promote

all the great work that we do in this program and Link Laidman, marketing manager for Fairview Park Mall. "We at Concordia College have done in some of and brought that to life. They've taken a corporate document and corporate strategies and things that we kind of do behind the scenes and they have brought that to the public in a very educational way."

Since 2006, Cadillac Fairview has reduced their energy consumption by 70 million equivalent kilowatt hours as well as reduced greenhouse gas emissions by over 21,000 equivalent tons of carbon. They have also diverted 89,000 tonnes of landfill waste and over 600 megatons of water through to fill 142 Olympic swimming pools and

improved their lighting by over 833 kilowatts (less 100 per cent of their lighting products are "green" and their total cost savings for Canadian properties is more than \$21 million).

"Fairview Park Mall essentially came to us and said we need a fun and dynamic event for families and that is what we have created," said Kelly Kelly, one of the project managers for the event and a student in the post-graduate diploma marketing communications program.

"And what we're trying to do is promote the initiative. One of the ways we're doing this is by highlighting the accomplishments that Fairview Park Mall has achieved because they really have done quite a lot to reduce their ecological footprint."



PHOTO BY BRUCE CHENILL

Concordia students and Fairview Park Mall held a "Green at Work" event which is aimed at raising different initiatives. Above: children play an energy board game, which promotes their own energy.



Students and her tutor both display interest in the public about water conservation.



At a waste booth, kids practice putting items in the correct recycling container.



An interactive game had participants identify if a bottle is a challenge which was in the bottom of a water-filled container. Those who were successful were made to enter a draw to win prizes to \$100 to \$200.

From hobby to business

Flite Craft Model Co. has been serving the region for over 30 years



PHOTO BY GARY FROST

Steve Gray who owns the radio control model store, Flite Craft Model Co., in Lakeside, holds up his award-winning helicopter he has built. Photo at bottom shows a model of a helicopter that starts in 1970.



BY GARY FROST

Flite Craft Model Co. a family-owned business, started all with one man's passion for a hobby that turned into a business. This is Steve Gray, model airplanes and radio-controlled cars, boats and helicopters.

Owner Steve Gray has been enjoying model making his whole life.

"When I was young, it was actually in Russia. I built a model Tamiya glider, which was nothing more than an airplane you tossed into the air by yourself. My uncle helped me build it, and that was how I started," Gray said.

Through his teenage years he discovered that there was a need for parts locally as friends complained that the nearest store was an hour away. This proved the way for a business opportunity that he jumped at — he turned his basement into a workshop. His first model airplane parts store.

"I had parts delivered to my basement and to the post office sometimes. I would also go out and buy the items needed then sell them out of my basement on weekends and evenings," Gray said.

After five years of running the business, there he moved it to its current location at 2225 Victoria St. Lakeside on November 1986. The store has been serving the region for over 30 years.

"The first year at our new location was loaded to the brim while I built a real job. I still work here on weekends and get busy enough so I could work full time," Gray said.

Business was booming and interest in the hobby stayed pretty consistent, until the mid 80s when model cars and cars came on to the scene. Then the hobby started in popularity.

During the winter of 1990, Gray at Flite Craft listed it as the hobby is seasonal.

"The main reason for model racing and flying is during the summer. Some people do put ideas on these planes and play around in the winter months but most people just stay in their basements and upgrade their planes for next year," Gray said.

The hobby has a very dedicated fan base. Although not as big as cycling or any type of car racing, there are still some huge races held across the country and internationally.

"There is a race track near Hamilton called Hamilton Speedway. They have the biggest racetrack and the biggest races but it's not considered a national event, in fact there are no national races held in Canada."

"In the United States there are nationals that are held in different places each year. World championships are held across the world for all models and all different styles of competition like racing and aerobatics," Gray said.

Gray's son, Mike, has been very successful in the competitive side of model racing. He finished second in the world in aerobatics helicopter flying. He is sponsored and makes money flying model helicopters while also travelling the world doing demonstrations. Anyone in the model helicopter or competitive helicopter

model racing knows his name.

There has also been the world for them create participation in Japan, Turkey and England. In addition to competing in the events he also has taken his business on the road.

"I have sold at some conventions. There was a hobby show at the St. Catharines International Automobile Show. I sold at the five years. I have attended one in Toronto and even in Vancouver but it was a lot of expense the trade showed. When some of these things we don't reach out that far, we don't reach out that far," Gray said.

Steve offered advice on how to get into the hobby.

"The relative is how far you want to go and how much you want to spend. You should start out with a beginner's car or beginner's plane and you should also take intensive instruction if you want to fly or drive indoors or outdoors. There really is something for everyone on where you want to start," he said.

The planes, starting up throughout the store are not just for beginners or people. They are actually made by customers and Gray is helping and them. Two of the most expensive races ever sold at the store were a plane for \$5,000 and a turbine. It'll go for \$12,000.

The last store a gift store is a real special boutique.

"Most people have heard of these small model helicopters. They're not too expensive and you can fly them in the house or outdoors. There are some concerns on them. They start at just \$100. They are really popular right now and attracting new people to the hobby," Gray said.



A photo for sale hangs from the ceiling with a model in the background.



Erin O'Brien (left) and Sarah McQuinn hold up their prizes after winning the Amazing Race Challenge on March 22.

Racing for fun and experience

BY SCOTT BARNACK

Challenging event, unique prizes: students on their final semester are getting the chance to finally take everything they have learned and apply it to the real world. One of those final assignments in the week-long program is held on event, the Amazing Race Challenge.

One group took their love of chocolate and a television show and turned it into a team project. On March 22, Sara, Morana, Julia, Shannon, Kaitlynn, and Prof. Barnack held an event in the Amazing Race Challenge.

"We were all very excited people so we wanted to do something active," Barnack said. "We thought about doing something like the game show where we wanted to be something like a competition so we created the Amazing Race Challenge."

64 We pay for the event. We are in charge of marketing so if the event is a flop then it's all ours. 99
— Kaitlynn Barnack

The competition pitted one team against another in the field and set up a series of challenges. The first challenge was to create a team name.

In all 54 people (27 teams of two) raced around campus. The first challenge was to create a team name. The second challenge was to create a team name. The third challenge was to create a team name. The fourth challenge was to create a team name. The fifth challenge was to create a team name. The sixth challenge was to create a team name. The seventh challenge was to create a team name. The eighth challenge was to create a team name. The ninth challenge was to create a team name. The tenth challenge was to create a team name. The eleventh challenge was to create a team name. The twelfth challenge was to create a team name. The thirteenth challenge was to create a team name. The fourteenth challenge was to create a team name. The fifteenth challenge was to create a team name. The sixteenth challenge was to create a team name. The seventeenth challenge was to create a team name. The eighteenth challenge was to create a team name. The nineteenth challenge was to create a team name. 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Photo by Scott Barnack

Erin O'Brien (left) and Sarah McQuinn hold up their prizes after winning the Amazing Race Challenge on March 22.



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International inspiration

Conestoga student spreads awareness about poverty in Costa Rica

1000

"They'd have attacks and these kids would just run in and sit down like, 'let's get this little piece of watermelon.' It was the most humbling experience I've ever been through to see people appreciate the smallest things."

“One of the most inspiring things about the help was seeing them have nothing and find joy and satisfaction in the simplest things.”

Figure 1 consists of four bar charts labeled (a) through (d), each showing the percentage of respondents for different age groups across various demographic categories. The age groups on the x-axis are 18-24, 25-34, 35-44, 45-54, 55-64, and 65+. The y-axis represents the percentage from 0 to 100.

(a) Gender: The percentage of respondents for each gender across age groups. The legend indicates Male (dark grey) and Female (light grey).

Age Group	Male (%)	Female (%)
18-24	52	48
25-34	55	45
35-44	58	42
45-54	60	40
55-64	62	38
65+	65	35

(b) Education: The percentage of respondents for each education level across age groups. The legend indicates High School (dark grey), Bachelor's (medium grey), and Graduate (light grey).

Age Group	High School (%)	Bachelor's (%)	Graduate (%)
18-24	35	45	20
25-34	30	50	20
35-44	25	55	20
45-54	20	60	20
55-64	15	65	20
65+	10	70	20

(c) Income: The percentage of respondents for each income level across age groups. The legend indicates Low (dark grey), Medium (medium grey), and High (light grey).

Age Group	Low (%)	Medium (%)	High (%)
18-24	40	35	25
25-34	35	40	25
35-44	30	45	25
45-54	25	50	25
55-64	20	55	25
65+	15	60	25

(d) Employment: The percentage of respondents for each employment status across age groups. The legend indicates Full-time (dark grey), Part-time (medium grey), and Unemployed (light grey).

Age Group	Full-time (%)	Part-time (%)	Unemployed (%)
18-24	50	30	20
25-34	55	35	10
35-44	60	30	10
45-54	65	25	10
55-64	70	20	10
65+	75	15	10

Students also noted that while they appreciated the length, the inclusion of Costa Rica's economic turmoil they were also expected to put their position. All these students were part of the study to have two hours.

"One of the most important things about the trap was how my three have nothing and lost the joy and satisfaction in the simplest things. So now, one of these lessons

was a remarkably isolated one; the student leaders made the other judgments.

"There was a wall - it was just a wall - we didn't really know where it came from - that we attached to a wall and then we hung it up with ropes. Those kids were going to learn on it."

Within the next three months, we'll need to resort to an early film rental that last day of movie week.

"There was more of a communication error. We couldn't really talk to them because of the language barrier. Nobody really pushed the potatoes. We tried a couple times to take potatoes but they'd be like 'no, no, don't do that' so on that last day we got lost and it was just one half day of walking around with a camera. It was so silly, you can see that."

Working with *Mammals* served as an intercultural experience that helped students studying abroad and on trips get acquainted with their outcountry culture. The *Coronology* students were able to learn and quickly understand past, how hard life was for the *Coronology* students and the *Coronology* students.

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FOR JOURNALISTS: CRUCIAL FACTS ABOUT RICHIE CHERNOBIN WITH HIS FIRST JOURNALISTIC BOSS
 (note: Richie is a professional researcher to spread the word about modern day musical culture)

ly rare girl Sherron Hays and she ended up helping us out and giving us a little tour of the area. We'd do different things every day to get a feel of what Chula Vista was really like.

Year	1990	1991	1992	1993	1994
1990	1991	1992	1993	1994	1995

groups that multiple datasets
with the following labels are:

"On the final day they did a review of what we had learned - what we liked and didn't like - it was really interesting and fun. The final morning

have eye opened and inspired
conscience was. Western world

"A lot of people were really
and that came with the
hardship."

These results were far beyond all average: a no-park or glider process an exception!

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14 Years Homeless: A survivor's story

BY RORY MCILWAIN

Was in the first of a two-part series

As the soft spoken man sat in the clothing and shirt factory in his pajama stylehouse, none of us would guess the hardships he has faced, the psychological scars that he has overcome in his life. Throughout his youth he experienced the usual up-and-down that accompanied being an irresponsible young man; should he suffered many subsequent hardships because of the stress from a chronic drug abuse habit to spending nearly two decades on the streets of Philadelphia. Whether it be at the time he was asked to become a soldier, some tell a story that will educate some and give others hope. That is the story of Randy Vendone, a survivor of several abuse, substance abuse and 14 years as a young homeless man.

"I turned very young that I was a person that I was small, that I was there to please other people," Vendone said of his childhood. "I went there for myself. I never learned how to put myself in my situation and because of that, I ended up learning very young in real that we are not going to take care of ourselves." The mental, physical and current status that shaped Vendone's early life was attacked by the very people who should have been standing by his side, delivering him from it. Eventually the stress that was part of every waking moment of his childhood changed in his 14 years of substance and forced him to pursue a new form of personal happiness.

"Around the age of 14, I started using cocaine just to have fun, everything that was going on, and to ease it from my misery," Vendone said. "That was my plan, my way, but it didn't turn out that way."

After turning to drugs the relief that would soon leave over his life and become get another situation as he already challenging existence. He eventually started to inject heroin intravenously. He said that injecting into his veins changed into this. His drug addiction would quickly turn his life into one devoid completely of happiness.

Eventually Vendone was expelled from his home due to his substance abuse prob-

lems and that was when he began what was to be one of the most emotional and difficult periods of his life as a homeless young man. Even though Vendone was now without a permanent home, he tried his best to not let it affect his education, intending to first finish high school. Vendone applied to Conestoga College and was accepted into the computer engineering program. That completed the career first year without any outside assistance.

"I wanted to put myself through school and I lived in a tent at the school's lunch lot," Vendone said of his life as a homeless student. "I would go

to school for five days.

The life of a homeless person as recounted by Vendone is surprisingly different than that which is commonly portrayed by urban myth. He explains that in the winter time the one body suggestion drug necessity in people who don't have shelter. That drug enables them to sleep outdoors in the dead of winter and not get ill from it, whereas the opposite happens if they go outside for the night.

"Your skin will start to get a burning feeling and you'll feel physically in pain," Vendone said. "That sudden change to warmth doesn't actually help

as homeless people lived with it," he said. "I don't want to say this is typical, but it does happen more often than anyone would want to admit. That is part one of many mistakes that Vendone experienced first-hand as a homeless man. He also had people try to fight him out of the idea in the name of emotional or those who would lead him somewhere with the promise of money or food and he was then deceived. Combined with the issues he already had with drugs and emotional stress, the homeless life forced Vendone into a deeper pit of misery and despair.



Randy Vendone hosts a workshop for the not-for-profit counseling business he started last September in St. Louis. He runs the initiative as a way to help those who are currently homeless, support with job addition or suffering from past alcohol abuse.

into the school, use the gym to shower in the morning, then go to my classes, go to work at night, then go back to my tent. I did that for a year.

However, the drugs that Vendone took on a regular basis would pose a problem and then become the eventual reason that he dropped out of post-secondary education.

As Vendone speaks of his time on the streets he recounts the ways in which he managed to make the best of a situation that left him the scraps of money in addition to the multitude of challenges he faced on a daily basis.

When 14 years although they have some past moments, one day I did want to

go. It means going up.

Shopping outdoors especially in the winter cold takes many risks for the homeless person even if they are accustomed to living in the harsh conditions. Sometimes the risk comes from other people.

"I remember one winter Friday night I fell asleep on my sleeping bag. I had been eating the previous night so it drained me," Vendone said. "I woke up and my sleeping bag was frozen solid. When I came to I found a group of people probably from the surrounding bars who were surrounding me. These people were also searching others as well. I was sleeping. That was stuff that

"With people looking on like this it just reinforced all that negative thought. That I had in the first place that people could just use and abuse me," Vendone said. "I didn't want that so I just withdrew even more."

Vendone rarely got sick, despite living without proper medical health care for most of his time spent on the streets. He was able to access a makeshift, but thoughtful, network of knowledge of the urban landscape from the street photo that could be used in food to the proper techniques used in dumpster-diving. Vendone also shared his knowledge of panhandling and how it worked much more than any

ply buying for cash.

"We these years I lost it the 7-11 at the corner of King and University," he said. "I would actually put in an eight-hour shift to give my job the only way that I could do. People say that, panhandlers look at me here to tell you that it's just as much work as any other job. There is a lot of mental and emotional work that has to be done."

Vendone compares panhandling to other working in that "when working in a job, you're working in a job, you're working in a job, you're working in a job," Vendone said. "When you give a panhandler money, it makes you feel good inside and you can go to bed with a smile on your face and the panhandler gets money. It makes me feel everyone."

Vendone explained that a street panhandler one who wants to stick primarily to one spot to conduct his business, would often develop a regular relationship with the client or business he would set up outside of.

"I keep people from taking the store," Vendone said. "If there were 10 people I'd break them up. I would clean up the parking lot, I would clean up the parking lot, and other men will take him from the business. The message of the 7-11 would let me out there at night and panhandle. It helped the manager, the employee and me. Everyone was happy."

Vendone had been drug-free for over five years and in possession of a home for even longer than that. After being a homeless drug addict for many years he eventually managed to maintain the savings and strength to go into and attempt to rebuild his life. This is a lengthy, often painful period of time. Vendone said of the stress that once released his senses.

"Once I had got over the feelings I had as a child, as an adult I was able to envision that success. And I was used. In cleaning that control and power I was able to adapt my thinking and get some self-confidence and start building on that. Today I'm doing another, because of this. I don't have these problems anymore. And I can tell other people who have gone through this so to go to get help and take that power back."

After much of his life as Randy Vendone business, Moving Your Home

A perfect combination of books and booze

BY JIMMY KEMPT

A new program from the Humber College Library (HCL) brings the book club to the pub.

PubLit is a book club that takes place outside of the library's walls as wine being held at the PubLit at the Tavern. It is a book club outside the norm.

"I've participated in a book club before but I didn't just hang out with Jeffrey [Spencer] a second-year student who went to Concordia College. I didn't like the books that were picked."

PubLit doesn't require participants to read specific books. The program's work approach is one of the things that sets PubLit apart from the average book club. Participants are encouraged to bring in anything they've read over the past month.

Another aspect that makes PubLit different from the rest is the reading isn't limited to just books or any one genre. Participants discuss books that range from young adult fiction to non-fiction and everything in between.

It also isn't limited to just novels. People are encouraged to discuss any reading

material such as blogs or newspaper articles they've read.

"I'm constantly re-read up having interesting discussions about our reading from making the act of reading a shared social experience," said Jennifer Taylor who runs PubLit with fellow HCL librarian Kristen Johnson-Peters.

The meetings usually break up into smaller groups to discuss what they've been reading and then the groups are rotated partying through.

The first book atmosphere gives people the chance to discuss their books in a more intimate way. With a beer and casual conversations, attendees might find a new book to add to their reading list or hear feedback on one of their old favourites.

At the end of the evening, library and library-owned disc games such as Nintendo and board games are given to lucky participants.

Johnson-Peters said she hopes that the participants will help shape the event as time goes on. The feedback has been enthusiastic and they hope to see the feedback to future plans.



PHOTO BY JIMMY KEMPT

A new program at the end of the PubLit at the Tavern where the book club meets on the last Tuesday of every month.

"PubLit is the first program offered via HCL that will offer a new structure to develop programming for people in their life and life," said Johnson-Peters. "We hope to build on the success of PubLit and develop new

social programs for community members."

PubLit is held on the last Tuesday of the month from now until June at the PubLit at the Tavern pub. The pub is located at 131 Charles St. W. in downtown

Humber. After a short break in the summer they will resume meeting in the fall.

For more information about PubLit, check out HCL's Facebook page or @PubLit on Twitter.

STUDENTS PERFORM GOOD DEEDS AT CONESTOGA COLLEGE



PHOTO BY JIMMY KEMPT

Like the 100+ at Conestoga College (Conestoga) sponsored student parties who have been sponsored by the College in the past year of the 100th anniversary of March 20. Students from the program were offering their skills, services and their own creative ideas for the students.



PHOTO BY JIMMY KEMPT

Conestoga College (Conestoga) sponsored student parties who have been sponsored by the College in the past year of the 100th anniversary of March 20. Students from the program were offering their skills, services and their own creative ideas for the students. The students will be available at the Conestoga campus during April 2 from 12 p.m. to 2 p.m. and again at the Conestoga campus at Conestoga 3 and 4 on April 3 from 12 p.m. to 2 p.m.

Tips to clean eating

Naturopathic doctor encourages everyone to eat all colours of the 'vegetable rainbow'

BY TARA LUNBY

It is the middle of the day and you are stuck by what to eat tonight. Most people head out to the nearest vending machine to grab their snack, but there are better ways to satisfy hunger and maintain healthy eating habits.

“Rule No. 1 is always having a healthy snack with you.”
— Dr. Alyson Dandy

According to a Community Wellness survey, 85 per cent of people claim they eat vegetables on an average, good, but elsewhere, but less than half of those surveyed stated their eating habits as very good or excellent.

Getting proper nutrition will not only keep you from gaining unnecessary weight but also decrease chances

of disease or medical problems. Wellness-based naturopathic doctor Alyson Dandy gives easy tips to help people eat down on junk and better their health.

One of the most important things to add to your grocery list is multi-coloured vegetables. Eating five to six servings a day of vegetables will provide you with necessary vitamins, minerals and fibre. Although Dandy encourages eating all colours of the “vegetable rainbow,” the most important ones to include are green, such as broccoli.

“Try and have at least one green vegetable with every meal including breakfast. Dandy said “I know it seems like a hard one but if you stop to think about it, it is actually pretty easy.”

Adding vegetables like spinach to your morning smoothie, fast smoothies or eggs can



Photo courtesy of Dr. Alyson Dandy

helping a diet rich in vegetables and fruits as part of a overall healthy diet may reduce risk of heart disease, cancer and obesity.

It is easy way to make your breakfast a little pricier.

Although foods that are high in fibre, complex carbohydrates and vita-

mins are essential, it is also important to make sure you are eating enough protein in your diet and not just through meat products.

“It is important to ensure you are getting enough protein and that includes vegetable sources of protein. Animal foods are essential for so many building blocks in the body, so it is really important,” Dandy said.

As a naturopathic doctor, Dandy encourages people to eat down on foods high in preservatives. Some easy ways to do this is to incorporate organic or locally grown foods into your diet. Another easy way to put back on unnecessary additives is to replace meats with beans and quinoa.

“When you are moving a food the chemicals that you are eating and you are adding in nutrients and proteins, that is a type of disease prevention, she said.

Taking the time to plan out weekly meals is a good way to ensure you stay on track with your eating habits. It also helps save a few dollars as the grocery store and reduce the amount of food being thrown out each week.

You are much more likely to succeed in healthy eating if you have a meal plan and if you plan your meals out then

you’re planning your grocery shopping and you only eat what you have at home.

Dandy explained that the reason so many people don’t follow through with their healthy eating habits is due to over-scheduling. As every tip to remember when times get busy is to always keep a healthy snack on hand for that afternoon craving.

“Rule No. 1 is always have a healthy snack with you. Fats and some vegetables, fruits or something along those lines so you’re not caught out on the go hungry.”



Photo courtesy of Dr. Alyson Dandy

Shopping healthy snacks available during a busy day reduces your chances of reaching for junk food.

TOP TEN LEAFY GREENS

- 1 Kale
- 2 Collard Greens
- 3 Turnip Greens
- 4 Swiss Chard
- 5 Spinach
- 6 Mustard Greens
- 7 Broccoli
- 8 Poppy (Tenderstem)
- 9 Kaniwa Lettuce
- 10 Cabbage

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Live DJ

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